



"Weigh to Go"

Do You Know the Health Risks of Being Overweight?*

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Health Consequences

Childhood obesity is a medical concern, not a cosmetic issue.



- The vast majority (between 70-80%) of overweight children and adolescents continue to be overweight in adulthood or will become obese adults
- Childhood weight problems can lead to complications such as:
 - ◊ Elevated blood pressure.
 - ◊ Elevated cholesterol.
 - ◊ Joint (arthritis) problems.
 - ◊ Type II diabetes.
 - ◊ Gallbladder disease.
 - ◊ Asthma or other respiratory disorders such as sleep apnea (difficulty sleeping without oxygen devices).
 - ◊ Depression or anxiety, low self-esteem.

Academic Consequences

Although a connection must be considered when examining the relationship between weight and achievement, several studies have determined that:

- Severely overweight children and adolescents in the 95th percentile for weight were 4 times more likely to report impaired school functioning.
- Severely overweight inner city school children tend to have abnormal scores on Child Behavior Checklist, and were twice as likely to be placed in special education classes.



- Overweight kindergartners had significantly lower math and reading

test scores at the beginning of the year than did their non-overweight peers, and these lower scores continued into first grade.

Economic Consequences



- Severely overweight children miss 4 times as much school as normal weight children. Such health problems could cost a large school district millions of dollars annually.
- Obesity associated annual hospital costs for children increased more than threefold from 1981-1999.
- National health costs related to adult obesity ranges from \$98-\$129 billion annually.

Peach Flurry:

4 cups low fat milk
6 peaches, sliced

Freeze milk in ice-cube trays. Place frozen milk and peaches in the blender and blend on high until thoroughly mixed. Makes 8 delicious 1-cup servings.



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*Information by Action for Healthy Kids

How Can We Lower the Health Risks of Being Overweight?

If you are overweight, losing as little as 5% of your body weight may lower your risk for complications and co-morbidities.

Slow and steady weight loss of $\frac{1}{2}$ -2 pounds a week is the safest way to lose weight. To lose weight and keep it off over time, try to make long-term changes to your eating and physical activity habits.



- ✓ Better food habits can help you reduce your risk for obesity. A healthful eating plan means choosing the right foods to eat and preparing foods in a healthy way.
- ✓ Keep total fat intake between 30 to 35 percent of calories for children 2 to 3 years of age and between 25 to 35 percent of calories for children and adolescents 4 to 12 years of age, with most fats coming from sources of polyunsaturated and monounsaturated fatty acids, such as fish, nuts, and vegetable oils.
Parents read and teach your children to read the food labels to become familiar with nutritional facts.
- ✓ Eat only enough calories to maintain a healthy weight for your height and build. Be physically active for at least 60 minutes a day.

- ✓ Swimming, cycling, jogging, skiing, dancing, walking, and dozens of other activities can help you to a healthy lifestyle. Whether it is included in a structured exercise program or just part of your daily routine, all physical activity adds up to a healthier you.
- ✓ Physical activity should be increased by reducing your sedentary time (e.g., watching television, playing computer/video games, or talking on the phone). Physical activity should be fun for children and adolescents. Parents should try to be role models for active lifestyles and provide children with opportunities for increased physical activity.
- ✓ The body mass index (BMI) formula assesses weight relative to height. It's a useful, indirect measure of body composition, because for most people it correlates highly with body fat. Weight in kilograms is divided by height in meters squared (kg/m^2). (Or multiply weight in pounds by 703, divide by height in inches, then divide again by height in inches.) A body mass index over the 95th percentile has been used to define obesity, even though variations in body size (as well as increases in body fat) increase BMI. **Ask your healthcare provider to obtain a BMI during your office visit and maintain the results in your medical file.**

Fruit Smoothie Recipe

1 small banana
1 cup fresh or frozen fruit
1 cup low fat vanilla yogurt
1 cup low fat milk
Spices and flavorings
(try peach with ginger or banana with nutmeg)



Slice banana into blender. Add fruit. Add yogurt and milk. Blend for 1 minute or until smooth. For

a thinner consistency, add ice and blend again. Unused portions can be refrigerated for 3-4 days.

**Try experimenting with different fruits and flavors. The milk and yogurt gives you your 3-A-Day of dairy.

Contents in grams: Calories: 200, Protein: 7, Carbohydrates: 36, Fiber: 3

Daily Food and Activity Journal

Date and Time	Food & Drink (type & amount)	Physical Symptoms, Thoughts, & Feelings	Am I Hungry?
Breakfast			
Lunch			
Healthy Snack			
Dinner			
Healthy Snack			

What Did I Do to be Active Today? (Include time)	Food for Thought (Note challenges, reminders, questions)
	
What Did I Do for Myself Today?	What Do I See as My Goal Tomorrow?
	



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How will healthy eating and physical activity help my child?

We hope you will take part in this program. If you choose not to take part in the program please call 1-888-564-3476 and leave the following information:

- Full Name
- Medicaid Number
- Date of Birth
- Phone number and address
- Reason for not taking part

All children benefit from healthy eating and physical activity. A balanced diet and being physically active help children:

1. Grow
2. Learn
3. Build strong bones and muscles
4. Maintain a healthy weight
5. Have energy
6. Avoid obesity-related diseases like type 2 diabetes
7. Get plenty of nutrients
8. Feel good about themselves

